

Player Development Pathway Card

(Ball Type: Foam-High Compression)

Diamond (1) Ages 12-18

Student Name _____ Age _____

Tennis Pro _____ Session Date _____ - _____

Class Level: Advanced, Tournament Type: USTA Advanced

Tennis Pro Scoring Key:

1 = Novice, 2 = Developing, 3 = Excels

Required Skills

- ◆ **Advanced use of the “5 step” self-check method** (*Tracking, Preparation, balance, point of contact & follow through*) 1___ 2___ 3___
- ◆ **Advanced application in technical stroke correction, opponent analysis, strategic adjustments during competition, application of post-match analysis**
1___ 2___ 3___
- ◆ **Creates and recognizes point ending opportunities , has advanced offensive combinations and advanced ball placement** (*i.e. Serve & forehand, approach & volley, forehand & volley/overhead*) **with one or more weapons** 1___ 2___ 3___
- ◆ **Uses advanced preparation and recovery footwork during training & competition**
1___ 2___ 3___
- ◆ **Uses advanced pace, placement & spin for 1st serve and 2nd serve, can occasionally hit an ace and has a 1st serve accuracy range between 40-60%** 1___ 2___ 3___
- ◆ **Rallies w/player 30-35 times cross court and down the line from baseline** (*78”court*) 1___ 2___ 3___
- ◆ **Uses advanced volley pace, placement, angle & depth and has advanced overhead placement** (*Singles & Doubles*) 1___ 2___ 3___
- ◆ **Demonstrates and executes drop volley’s and drop shots during competition**
1___ 2___ 3___
- ◆ **Advanced use of return of serve placement** (*singles & doubles*) **and regularly attacks the 2nd serve** 1___ 2___ 3___
- ◆ **Advanced service direction and accuracy for the following placements:**
Down the T, Into the body, Wide cross court, Sharp angle) 1___ 2___ 3___

Continued Required Skills:

- ◆ Uses advanced singles and doubles strategies, recognizes and transitions from offense to defense & defense to offense comfortably, uses advanced doubles signals/on court communications, looks to poach, approach and serve and volley when necessary 1____ 2____ 3____
- ◆ Advanced mental toughness methods (*including; managing adversity, using a positive mental attitude & positive self-talk, manage emotions, dealing with on court controversy and conflict*) 1____ 2____ 3____

Overall Score:

____ 0-12 (Novice) ____ 13-30 (Developing) ____ 31-36 (Move - Diamond II)

* Diamond 1 Estimated Graduation: 12 Sessions *

Area (s) of Achievement:

Recommendations/Comments:

Portland Tennis Center • 324 NE 12th Avenue, Portland, Oregon 97232
503-823-3189 • portlandoregon.gov/parks/tennis



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